

# August 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Muffin & Milk	Cheesy Toast & Milk	Cranberry Muffin Milk	Bananas & Granola	Pancakes & Milk
Spaghetti Garlic Bread Broccoli Cheese Stick Applesauce Milk	Ravioli Green Beans Peaches Milk	Chicken Nuggets Mixed Veggies Apples Milk	Tacos Corn Orange Milk	Turkey Sandwich Baby Carrots Bananas Milk
Cheese & Crackers	Apples & Cheese	Melon & Crackers	ABC Cookies & Milk	Oranges & Saltines
8	9	10	11	12
Gingerbread & Milk	English Muffins & Milk	Apple Muffins & Milk	Coffee Cake & Milk	Bagels w/Cr. Cheese & Milk
Pizza Quesadilla Green Beans Apples Milk	Corn Dogs Carrot Coins Oranges Milk	Macaroni 'n' Cheese Peas and Carrots Melon Milk	Teriyaki Chicken Rice Mixed Veggies Pineapple Milk	Cheese Sandwiches Carrots Bananas Milk
Animal Crackers & Juice	Pretzel & Mix Juice	Bananas & Milk	Grahams & Milk	Melon & Crackers
15	16	17	18	19
Blueberry Muffin & Milk	Cheesy Toast & Milk	Coffee Cake & Milk	Banana Muffin & Milk	Waffles & Milk
Fish Fillet Rice Broccoli Peaches Milk	Mini Pizza Mixed Veggies Bananas Milk	Baked Chicken Rice Carrot Coins Pineapple Milk	Goulash Corn Fruit Cocktail Garlic Bread Milk	Hoagies Pretzels Cukes Tomatoes Oranges Milk
ABC Cookies & Milk	Melon & Cheese	Oranges & Saltines	Apples & Cheese	Bananas & Milk
22	23	24	25	26
Cheesy Biscuits	Bran Muffins & Milk	Pancakes & Milk	Cornbread & Milk	Cheesy Bagels
Pasta Salad Peas & Carrots Cheese Cubes Oranges Milk	Turkey Hot Dogs Tator Tots Mixed Veggies Fruit Cocktail Milk	Bean & Cheese Burrito Corn Peaches Milk	Tomato Soup Rolls Cheese Sticks Green Beans Apples Milk	Jelly Sandwiches Cheese Sticks Baby Carrots Oranges Milk
Goldfish & Juice	Oranges & Saltines	Apples & Cheese	Bananas & Milk	ABC Cookies & Milk
29	30	31		
Bran Muffin & Milk	Gingerbread & Milk	Waffles & Milk		
Tuna Melts Peas & Carrots Oranges Milk	Buttered Pasta Cheese Sticks Broccoli Fruit Cocktail Milk	Chicken Nuggets Mixed Veggies Apples Milk		
Grahams & Milk	Oranges & Crackers	Bananas & Milk		

Serving Sizes:

Meat/Fish/Poultry  
Noodles/Rice/etc.

1/2 to 1 ounce Fruit/Vegetable 1/2 Cup  
1/4 Cup

Milk/Juice/Water 3/4 cup